



Fall-Winter 2009 Catalog

A Catalog of Classes, Special Events, Support Groups, Trips, Fitness Activities and More for Baby Boomers

**Planet 50+**  
offering a world of  
creative opportunities  
through classes, trips  
and arts events

# PLANET 50+

Live  
Better  
Longer

## INSIDE...

Yoga

Fitness

Theatre Trips

Computer Classes

Arts & Crafts Fairs

Digital Photography

Cultural activities

Language Lessons

Ballroom Dance

Music Lessons

Writing Classes

And Lots More...

What do you want to do?

Enrich your nights and  
weekends with us.



CITY OF ALBUQUERQUE

DEPARTMENT OF



BERNALILLO COUNTY

DEPARTMENT OF SENIOR AFFAIRS



A Marketplace with an

**Attitude**

Saturday October 24 • See page 12



## From the Mayor of the City of Albuquerque

Fall 2009

Dear Friends:

Fall is a beautiful time in Albuquerque! The aroma of green chile roasting, is everywhere and there is a crispness in the air which is unmistakably a sign that the leaves will soon be turning and the temperature dropping.

And just like the seasons, the Department of Senior Affairs is offering you another terrific **Planet 50+** especially designed for those aged 50 and older. If you are still trying to decide if one of our centers is right for you, I invite you to peruse the contents of this publication and see for yourself the advantages of being a

member. Where else, but at Senior Affairs, can you learn to create your own compost, belly dance, hike or make a pinch pot, at such economical prices? Plus, it is fun.

Today is the day to change direction—learn something new, make new friends, visit one of our beautiful facilities in our network of senior centers. At a mere \$13.00 year, a whole new array of opportunities will open to you and you may just be surprised by the warm, friendly people you will meet and what you might learn.



Mayor Martin J. Chávez

Enjoy our beautiful city!

Mayor Martin J. Chávez  
City of Albuquerque

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## From Blanca B. Hise, Director, Department of Senior Affairs

Fall 2009

Dear Friends:

Welcome to the Department of Senior Affairs. If you are new to our services, the copy of **Planet 50+** you are looking at today, is designed for you. Many of the events and activities on these pages are scheduled after 5:00 pm in the evening and on Saturdays to accommodate your work hours. Please take a moment to look over these wonderful offerings and visit one of our beautiful centers—I know, without a doubt, you will like what you see!

I am extremely pleased to announce that our Senior Affairs programs have once again, been recognized for outstanding achievement by the New Mexico Recreation and Parks Association at their 2009 annual conference. The first award is for innovation in our “Walk About” program

in which participants utilize Nordic walking poles as they trek through scenic areas such as historic Old Town, Nob Hill, the bosque, the Town of Bernalillo and the Bio Park. The second award was for facility design of Los Vocanes 50+ Senior Sports & Fitness Center, opened in July 2008 and designed by Mahlman Studio Architecture. Congratulations to our Sports & Fitness program staff and please see how you can exercise and have fun in this very issue of **Planet 50+**, on page 8.

Give **Planet 50+** a try. You will be impressed with the array of opportunities open to you and the excitement that awaits. For more information about the Department of Senior Affairs, please call our Senior Information Line, 764-6400.



Blanca B. Hise

Live Better Longer.

Blanca B. Hise, Director  
Department of Senior Affairs  
City of Albuquerque

Photo: Kim Jew



City of Albuquerque  
Martin J. Chávez,  
Mayor

Ed Adams,  
Chief Administrative  
Officer

Mark Valenzuela,  
Chief Financial  
Officer

Irene Garcia,  
Chief Operations  
Officer

The City of Albuquerque/  
Bernalillo County  
Department of Senior  
Affairs Headquarters is  
located at 714 7th Street  
SW. Program inquiries  
may be directed to  
April B. Jojola 764-6469 or  
ajojola@cabq.gov

Blanca B. Hise, Director  
Department of Senior Affairs  
City of Albuquerque

April B. Jojola, Recreation  
Division Manager

# CENTER MEMBERSHIPS FOR ONLY \$13 A YEAR



For Information Call 764-6400 • Department of Senior Affairs or the Citizen Contact Center 311

# Local Landing Sites

**Barelas**  
714 7th St. SW  
Albuquerque, NM 87102  
Miguel Sanchez, Manager  
Marie Sinkar, Programmer  
Phone: 764-6436 • Fax: 764-6472  
Monday–Friday, 8:00 am–5:00 pm  
Saturday, 9:00 am–3:00 pm

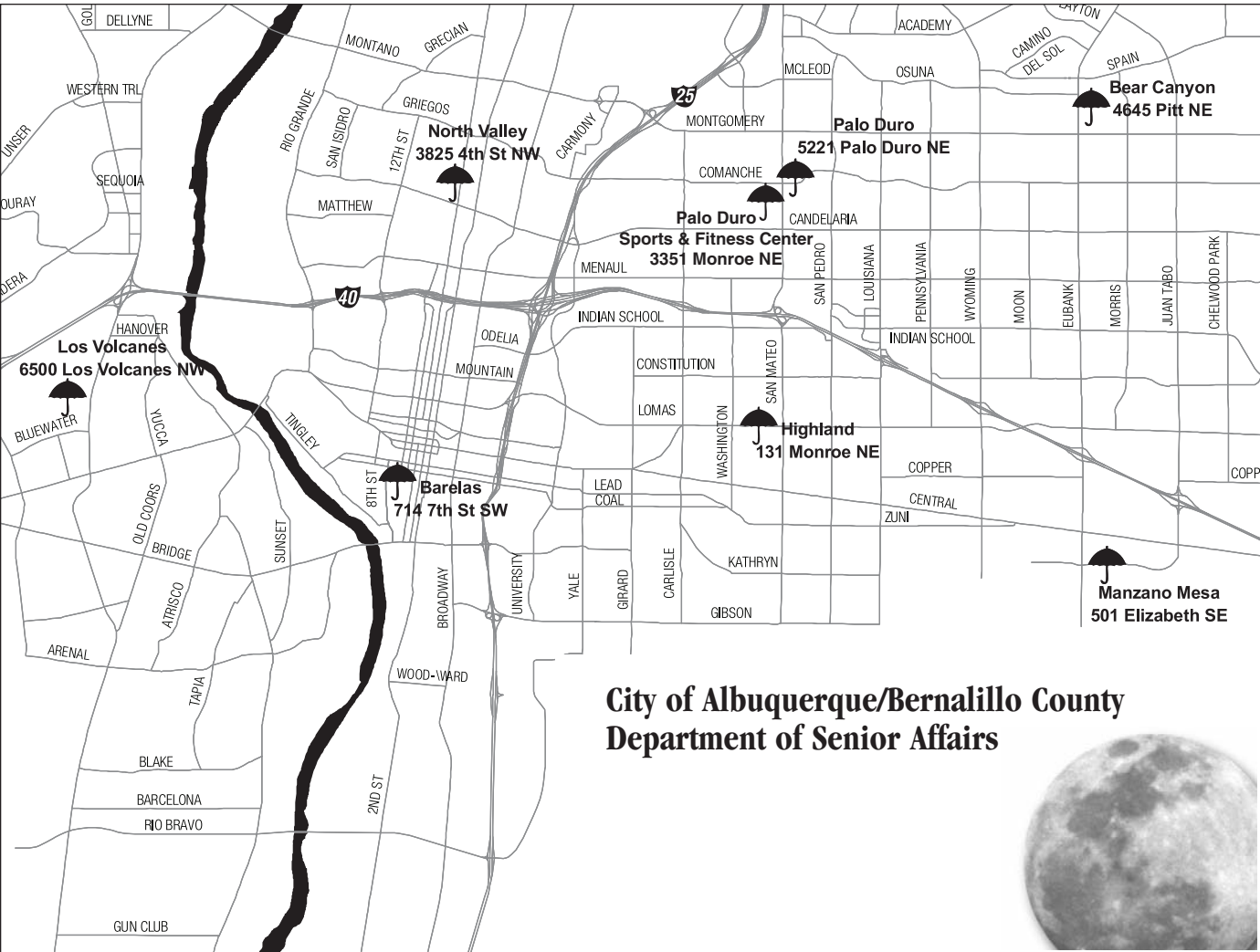
**Bear Canyon**  
4645 Pitt NE, Albuquerque, NM 87111  
Katherine Black, Manager  
Juliet Paez Kerlin, Programmer  
Phone: 291-6211 • Fax: 291-6237  
Monday–Friday, 8:00 am–5:00 pm  
Thursday, 8:00 am–9:00 pm  
Saturday, 9:00 am–3:00 pm  
Thursday Night Dance 6:30–9:30 pm

**Highland**  
131 Monroe NE  
Albuquerque, NM 87108  
Toni Chumash, Manager  
Patty Gutierrez, Programmer  
Phone: 256-2000 • Fax: 256-2004  
Monday–Tuesday,  
Thursday–Friday, 8:00 am–5:00 pm  
Wednesday, 8:00 am–9:00 pm  
Saturday, 10:00 am–5:00 pm

**Los Volcanes**  
6500 Los Volcanes NW  
Albuquerque, NM 87121  
James Mader, Manager  
Maria Aguero, Programmer  
Phone: 836-8745 • Fax: 836-8749  
Monday–Friday, 8:00 am–5:00 pm  
Thursday, 8:00 am–9:00 pm  
Saturday, 9:00 am–3:00 pm

**Department of Senior Affairs  
Advisory Council**  
Victoria Godwin, Chairman  
Kenneth J. Carson, Sr.  
Michele Lujan Grisham  
Mary Jaramillo  
Tina King  
Mary Martinez  
Frances Ray  
Susan White

**City Councilors**  
Dist. 1 . . . . .Ken Sanchez  
Dist. 2 . . . . .Debbie O'Malley  
Dist. 3 . . . .Isaac Benton, President  
Dist. 4 . . . . .Brad Winter  
Dist. 5 . . . . .Michael J. Cadigan  
Dist. 6 . . . . .Rey Garduño  
Dist. 7 . . . . .Sally Mayer, Vice Pres.  
Dist. 8 . . . . .Trudy Jones  
Dist. 9 . . . . .Don Harris



City of Albuquerque/Bernalillo County  
Department of Senior Affairs

**Los Volcanes  
50+ Fitness Center**  
6500 Los Volcanes NW  
Albuquerque, NM 87121  
Berlinda Padilla, Health & Wellness Specialist  
Phone: 839-3710 • Fax: 839-9466  
Monday–Friday, 7 am–7 pm  
Saturday, 8 am–2 pm

**Manzano Mesa  
Multigenerational Center**  
501 Elizabeth SE,  
Albuquerque, NM 87123  
Paul Bonnell, Manager  
Ed Nuñez, Operations Manager  
Lucille Cordova, Acting Programmer  
Angelina Poulin, Programmer  
Phone: 275-8731  
Fax: 275-8734  
Monday–Friday, 8:00 am–9:00 pm  
Saturday, 9:00 am–3:00 pm

**North Valley**  
3825 Fourth St. NW  
Albuquerque NM 87107  
Leeann Torres, Manager  
Sandra Lucero, Programmer  
Phone: 761-4025 • Fax: 761-4031  
Monday–Friday, 8:00 am–5:00 pm  
Tuesday, 8:00 am–9:00 pm  
Sunday 12:45–4:30 pm

**Palo Duro 50+ Sports  
and Fitness Center**  
3351 Monroe NE  
Albuquerque, NM 87110  
Karen Baker, Manager  
Antoinette Sigala and Susan Rice,  
Health & Wellness Specialists  
Phone: 880-2800  
Monday–Friday, 7:00 am–7:00 pm  
Saturday, 8:00 am–2:00 pm

**Palo Duro**  
5221 Palo Duro NE  
Albuquerque, NM 87110  
Susan Perea, Manager  
Phone: 888-8102 • Fax: 888-8107  
Monday–Friday, 8:00 am–5:00 pm  
Wednesday, 8:00 am–9:00 pm  
Saturday, 9:00 am–3:00 pm  
Desert Willow Gift Shop  
Monday–Friday, 9:00 am–3:00 pm

Find us online:  
[www.cabq.gov](http://www.cabq.gov)  
(seniors)

## Using This Catalog, Your Guide to Planet 50+

Welcome to the Fall/Winter class and activity guide on Planet 50+. This catalog contains information about activities, classes and trips launched from seven senior centers and Los Volcanes and Palo Duro 50+ Fitness Centers. Join Planet 50+, by becoming a member of our network of Centers, which are located on the map above. Annual membership costs \$13, and entitles you to participate in all of the City’s senior facilities—not just the classes described in this catalog.

Once a member, you may sign up for a class at the center listed under each class. Center phone numbers are listed to the left of the map above. The cost of each class, which often includes materials, is indicated in each listing. Class fees are payable in full to the individual instructor on the first day of class. Unless otherwise noted, all trips take place at or leave from the center hosting the activity. Trip policies and additional information can be found in trip descriptions.





## Planet Computers

### Digital Skills for the Modern Employee

Word (how to word process for a job and how to build a resume), Excel (basic spreadsheet and data entry), Powerpoint (creating basic presentations, design basics), setting up a professional email account using gmail, managing your professional image online: social networking sites such as LinkedIn for job search and networking, and online resources for job searching.

**Manzano Mesa, Computer Lab**  
**Fridays, October 2–23**  
 7:30–9:00 pm  
 \$45  
 Instructor: M. Willis  
 matthias@unm.edu

### Publisher 2003 Level 1

Discover the power of Publisher to help you create spectacular flyers, signs, greeting cards, business cards, and labels. We will use templates, drawing tools, clip art, design elements, and photographs to enhance your creations. A handout will be included. Bring a flash drive.

**Highland, Room 6**  
**Wednesdays, Oct 7, 14, 21, & 28**  
 6:00–8:00 pm  
 \$30 (advanced payment required)  
 Instructor: Karen Hunt

### Creating DVD Photo Memoirs

Students will learn basic Photoshop, scanning pictures, DVD rendering and adding music to DVDs. Students will be able to create a DVD viewable on television or computer.

**Manzano Mesa, Computer Lab**  
**Thursdays, Oct 8–Nov 12 & Jan 7–Feb 11, 2010**  
 5:00–6:30 pm  
 \$65 per session, non-refundable  
 Instructor: G. Sanchez  
 picture2treasure@aol.com



### Intermediate Computer

Control your computer and reduce some of the frustration. We will cover a patchwork of computer hints, tricks, tips and good information. Learn what's possible and how to do it—including customization so your computer works well with you. Bring your questions and frustrations. Students receive a manual. Mouse and keyboard skills required.

**Palo Duro, Cedar Crest**  
**Wednesdays, October 7–28**  
 5:30–7:30 pm  
 \$30 (advanced payment required)  
 Instructor: Ronnie Sklarin

### Apple Learning Corner

For Mac users of any age or level. Topics include word processing and applications, maintenance, scanning and managing digital photos, e-mail and internet applications, and more! No registration required.

**Bear Canyon, Rooms 2 & 5**  
**Saturdays, Oct 17, Nov 21, Dec 19 & Jan 15**  
 9:30–10:45 am  
 \$1, Facilitator: Bob Reed

### Apple Users Group

Open to all Mac users of any age or experience level. Meetings provide a source of support and problem-solving. No registration required.

**Bear Canyon, Rooms 2 & 5**  
**Saturdays, Oct 17, Nov 21, Dec 19 & Jan 15**  
 11:00 am–2:30 pm  
 \$1, Facilitator: Bob Reed

### Apple Fundamentals—Snow Leopard

Learn the fundamentals that lay the foundation for most Apple programs. Topics include, basic navigation and setup, folder organization, moving/deleting files, navigation, viewing items and much more.

**Bear Canyon, Room 2**  
**Saturday, October 10, 17 & 24**  
 1:00–2:30 pm  
 \$30 per person  
 Instructor: Rob Syslo

### Investment Group—Investing online

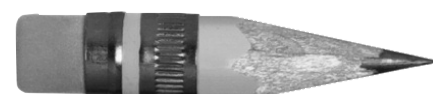
Investing over the internet can be perplexing, confusing and expensive if you aren't aware of some of the methods and procedures for fun and profits. Spend a few hours learning some of these tips before spending your hard-earned money on investments. No registration required.

**Bear Canyon, Room 2**  
**Thursday, October 29**  
 7:00–8:45 pm  
 Facilitator: Ron DeLashmutt

### Email

We'll set you up with a free Google email address (even if you already have an email address) so you can send and receive email from any computer in the world that has an internet connection. You don't even need to own a computer; there are public computers around town—libraries, for instance—where you can get your email. Learn to compose and reply by email, open attachments, send attachments, etc. Some previous computer experience is recommended; mouse skills required.

**Palo Duro, Cedar Crest**  
**Saturdays, Nov 7–Dec 5**  
 10:00 am–12:00 noon  
 Instructor: Ronnie Sklarin  
 \$30 (advanced payment required)



## Writing Classes Page 12

### Excel 2003 Level 1

Excel helps you work quickly, accurately, and efficiently with numbers. We will create, enhance, and print spreadsheets. Examples of spreadsheets you may want to create are a list of expenses, keeping a current balance in your checkbook, reconciling your checkbook, and calculating sums of numerical information. Many tips and tricks will be incorporated. A handout will be included. Bring a flash drive.

**Highland, Room 6**  
**Wednesday, November 4, 18, 25**  
 6:00–8:00 pm  
 \$30 (advanced payment required)  
 Instructor: Karen Hunt

### Excel 2003 Level 2

A continuation of Excel 1. We will take a look at more advanced formatting and formulas, charts (called 'graphs' in the olden days), and organizing and sorting your numerical data. A handout will be included. Bring a flash drive. Pre-requisite: Excel 1 or knowledge of those topics.

**Highland, Room 6**  
**Wednesday, December 2, 9, & 16**  
 6:00–8:00 pm  
 \$30 (advanced payment required)  
 Instructor: Karen Hunt

### BC Computer Club

The Bear Canyon Computer Club offers general computer topics and help, as well as guest speakers and demonstrations of new products and techniques. No registration required.

**Bear Canyon, Room 2**  
**1st Thursday, 7:00–8:30 pm**  
 Facilitator: Marc LaChey



Most classes require advanced registration. Call the host center for info and to reserve, see page 3 for center directory.

## Multimedia Group

This group meets to watch demonstrations and discuss various aspects of the creation, editing, acquisition, saving, compression, and conversion of digital photos, video and audio files. No registration required.

**Bear Canyon, Room 2**  
**2nd Thursday, 7:00–9:00 pm**  
 Facilitator: James Schaft

## Windows Group

Learn more about Windows operating systems and application software using Windows XP 2000 and Vista. No registration required.

**Bear Canyon, Room 2**  
**3rd Thursday, 7:00–8:45 pm**  
 Facilitator: Ron Johnson

## Internet Users Group

Each meeting has a presentation on a selected subject relating to internet usage and is followed by a Q&A session. No registration required.

**Bear Canyon, Room 2**  
**4th Thursday, 7:00–9:00 pm**  
 Facilitator: Rod Gwyn

## Basic Computer Skills

Learn the essentials of operating a computer and become familiar with the monitor, keyboard and mouse. You will have one-on-one instruction. The instructor will also be available to do home clinics depending on type of problem.

**Los Volcanes, Room 1**  
**Saturdays (ongoing) 12:30–2:00 pm**  
 Instructor: Leonard Morin  
 Home visit cost: Minimal Charge

## MS Word Class

The MS Word class is to be an ongoing class held on a monthly basis. It will cover all aspects of MS Word from basics to intermediate thru advanced.

**Los Volcanes, Room 1**  
**Thursdays, (ongoing) (4 week)**  
 5:30–6:30 pm  
 Instructor: Leonard Morin  
 \$20 (4 weeks) or \$6 per class,  
 payable to instructor

## Planet Crafts



## Art of Hand Building Clay

Demos and hands on experience with basic hand building techniques.

**Los Volcanes, Room 4**  
**Thursdays (on-going) 4:00–6:00 pm**  
 \$35 per month;  
 \$18 for materials every 3rd month  
 Instructor: Yaffit

## Pottery

Learn the techniques to make pinch pots, work with coils and slabs, use the potter's wheel, and sculpture fundamentals. All levels welcome.

**Barelas, Ceramic Room**  
**Saturdays, October–December**  
 9:00 am–12:00 noon  
 Prices vary due to amount of materials/firing/glazing.  
 Instructor: Marilu Tejero

## Pottery, Beginning & Intermediate

Beginning students will learn to coil and use slabs. Intermediate students will learn to use the potter's wheel; both groups will learn basic sculpture techniques.

**Manzano Mesa, Room 3**  
**Wednesday, 5:00–6:30 pm**  
 Instructor: Marilu Tejero

## Ceramics Under the Sea

Make an under-water scene including a fish, coral and sponges out of clay. Explore how to make different textures and paint the resulting sculpture with acrylic paints.

**North Valley, Room 4**  
**Tuesdays, December 1, 8**  
 5:30–7:00 pm  
 \$30, Instructor: Dave Hoover

## Reverse Painting On Glass

Portray your thoughts through finger painting on glass. Both the back and front of the glass are painted and the end result is a beautiful two-dimensional piece of art that looks even better in front of light. See samples of these works of art at Barelas. Glass will be provided by instructor; students will need to provide paints.

**Barelas, Classroom 4**  
**Saturdays, October 3, 10, 17 & 24**  
 9:00–10:00 am  
 \$30 per person for all classes  
 Instructor: Raul Sanchez

## Linus Project

Project Linus is a 100% volunteer non-profit organization that provides love, a sense of security, warmth and comfort to children who are seriously ill or traumatized through the gift of a new, handmade blanket. The Blanketeers have made close to 100 beautiful, handmade blankets.

**Manzano Mesa, Room 3**  
**1st Saturday, 9:00 am–1:00 pm**  
 Instructor: D. Polonis

## Tin Working Workshop

Tinsmith, Jason Younis y Delgado teaches this workshop in traditional Spanish Colonial Tin-work. Make items such as candleholders, ornaments and napkin holders. All levels are welcome.

**Palo Duro, Piñon**  
**Saturdays, October 3, 10**  
 10:00–12:00 noon  
 \$55 four-week session  
 Instructor: Jason Younis y Delgado

## ATM (Amateur Telescope Making Group)

Join this class and learn to make your own telescope. New students welcome anytime.

**Manzano Mesa, Room 3**  
**Wednesday, 7:00–9:00 pm**  
 Instructor: Mike Pendley

# Live Better Longer

## Escribiente Society of Calligraphers

This is a non-profit group that promotes, encourages and educates calligraphy and related arts. This group participates in community service, donating time to make calligraphy names for elementary schools raising funds for their libraries.

**Manzano Mesa, Room 5**  
**1st Wednesday, 6:30–9:00 pm**  
 Instructor: Margaret Disque



## Quilting

Open to novice and experienced Quilters. Quilters are passionate about preserving this American hand art and make a quilt that is raffled for their center. Friendship and fellowship are some of the benefits of quilting.

**Palo Duro, Cottonwood**  
**Saturdays, 9:00 am–12:00 noon**  
 Instructor: Dee Rostel, Ada Dixon

## Repujado, Tin Art

Learn this traditional European art of metal embossing. Transform a flat sheet of copper, brass, pewter, or aluminum into a unique piece of art. A patina can be applied to embossed designs to give an antique look to your metal art. Supplies provided.

**North Valley, Room 4**  
**Tuesday, October 13, 6:00–8:30 pm**  
 \$15  
 Instructor: Jolanta Feliciano

# Arts and Crafts Fairs Back Page



## Find Your Inner Artist!

Can't draw a straight line? No worries, that's what rulers are for! Internationally traveled, known and collected abstractionist and retired Hollywood makeup/hair man Steven Wanzell will guide you on a fun, engaging "Art-Venture." We'll do free expression, in paint, collage, and examine very mixed media—Barbies to basketballs. View some of Steven's handy work at [wanzellarts.com](http://wanzellarts.com).

**Highland, Room 2**  
**Saturdays, 1:00–3:00 pm**  
**October 17, 24, 31, and**  
**November 21**  
**November 14, 21, and 28**  
**December 19, 26, and January 2**  
**January 9, 23, and 30**  
 \$50 per 3-Saturday sessions  
 All materials included  
 Instructor: Steven Wanzell

## Painting for All!

This 6-week class will inspire students to use their creativity in an artistic setting. Throughout the course of this class students will be exposed to various fine art skills such as perspective, proportion, color theory, and lots of fun and exciting discussions. Students will draw, learn to mix colors, paint, prepare their paint surfaces, and much more!

**Bear Canyon, Room 4**  
**Saturdays, Oct 17–Nov 21 &**  
**Saturdays, Jan 16–Feb 20**  
 9:00–11:00 am  
 Instructor: Cindi Gaudette

## Native American Basketry

Several techniques will be taught including coiling and pine needles.

**Barelas, Classrooms 2/3**  
**Saturdays, October 24, 31,**  
**November 7, 14, 21 & 28**  
 12:30–2:30 pm  
 \$15 material fee  
 Sponsored by: Senior Arts  
 Instructor: Pearl Sunrise



## Beaded Jewelry Classes

Beads are universal and tell a story, everyone has a story to tell. Join us for a special time creating beautiful jewelry to tell your story. You can take one class or all three classes to create earrings, bracelets and necklaces. Large glass beads and other unique beads will be used. At the end of each class you will have your project finished. All supplies will be provided.

**North Valley, Room 2**  
**Tuesdays, October 27, November 3, November 10**  
 6:00–8:30 pm  
 \$25 per class or  
 \$70 for all three classes  
 Instructor: Lucia Malamacco

## Fabric Arts Collage Group

Join this informal group, dedicated to creating fabric landscaping collage paintings, using the Debbie Jones collage method. Design pointers will be given to new members. The group meets year around. Open to anyone who has completed at least one Debbie Jones landscape and collage class.

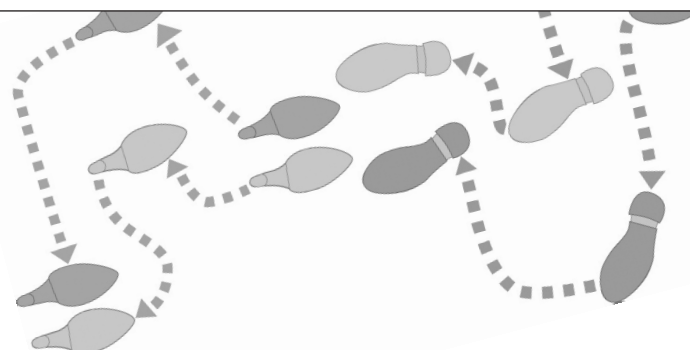
**Palo Duro, Aspen**  
**2nd Saturday, 9:00 am–2:30 pm**  
 Laurie Cady

## Egg Ornaments

Pysanky is a traditional Eastern European folk art of decorating eggs. Learn the batik technique of using beeswax applied by "kistka" and dyeing eggs in vibrant colors with traditional or modern geometric forms. Eggs can be used as ornaments or special gifts. All supplies provided.

**North Valley, Room 4**  
**Tuesday, October 27**  
 6:00–8:30 pm  
 \$15, Instructor: Jolanta Feliciano

## Planet Dance



### Salsa-Robics (dance)

Women and men are welcome! The tempo of the music, the syncopated patterns of the Cha Cha, Salsa/Mambo, Samba, and Rumba combined with the intensity with which the exercises are approached, determine the aerobic benefit, making this suitable for virtually everyone. This is a fun way to relieve stress, improve flexibility and build stamina. Wear comfortable clothes and shoes.

**Los Volcanes, Social Hall**  
**Thursdays, 6:00–7:00 pm**  
**Saturdays, 10:30–11:30 am**  
 \$2 per person, per class  
 Instructor: Sonya Trujillo

### Wise Women Belly Dance

Belly dance as fitness, spiritual growth and empowerment is also a celebration of female spirit and the joy of movement. Belly dance displays the strength and beauty of women of all sizes, ages and shapes.

**Manzano Mesa, East Social Hall**  
**Thursdays, 5:45–6:45 pm**  
 Instructor: Amaya

### Zumba Dance Class

A Zumba workout mixes body sculpting movements with dance steps derived from cumbia, menegue, salsa, reggaeton, hip hop, mambo, rumba, flamenco, and calypso and Salsaton. The routines feature aerobic interval training with a combination of fast and slow rhythms, targeting areas such as the glutes, legs, arms, abdominals, and the heart. A Zumba class instructors often add on their own music choices and choreographies to make their class locally unique.

**Los Volcanes, Social Hall**  
**Thursdays 5:00–6:00 pm**  
**Saturdays 12:00 noon–3:00 pm**  
 \$2 per class  
 Instructor: Evelyn Mora

### Line Dancing

Great for people who love to dance but don't have a partner. Students learn the routine and dance in a line, much like a chorus line.

**Palo Duro, Mesquite 1,2,3**  
**Saturdays**  
 9:00–10:30 am (Beginning)  
 10:30 am–12:00 noon (Advanced)  
 \$1 per class  
 Instructor: Kathy Tidy

### Japanese Folk Dancing

Japanese fold dance is a wonderful introduction to the culture and spirit of the "land of the rising sun." All those who are interested in learning this art form are invited.

**Bear Canyon, Room 6**  
**Saturdays, 10:00 am–12:00 noon**  
 Facilitator: Natsuko Edelman



### Natural Dance

Natural Dance is a unique and joyful approach to improving physical and mental well-being. We focus is on movements encountered in daily activities such as walking, bending, twisting, and lifting. Natural Dance helps us find balance, alignment and efficient movement through gentle exercise set to music.

**Palo Duro, Mesquite 3**  
**Wednesdays, Oct–Dec**  
 6:30–7:30 pm  
 \$40  
 Instructor: Marta Lichlyter



Beginning Ballet for Adults

Ballet can teach poise, grace, balance, self-confidence and discipline while also providing excellent exercise and a lot of fun!

**Manzano Mesa, Social Hall**  
**Saturdays, 10:30–11:30 am**  
Anna Marie Urioste

Square Dance A, B, C

A fun, easy, beginner Square Dance with three different dances. The A, B, and C dances can be experienced in any order. Instead of waiting until a class starts once a year, people can enjoy Square Dance ABC any time!

**Barelas, Social Hall**  
**Saturdays, Oct 3, 10, 17, 24 & 31**  
1:00–3:00 pm  
\$30 per person, per class  
Instructor: Mike Holly

Polynesian Dance Group

Study and practice Polynesian Dance.

**Manzano Mesa, Room 4**  
**Monday, October 5, 6:00–8:00 pm**  
Lava Buckley



Hula Dancing

Hula, the living art and soul of Hawaii expressed in dance. Experience the grace and beauty of hula taught by Hawaiian native Cindi Heffner. The classes will cover basic foot, hand and body movement of the hula as well as Hawaiian phrases, greetings and the significance of “Aloha.” No previous dance experience is required.

**Los Volcanes, Social Hall**  
**Thursdays, 7:00–8:00 pm**  
Instructor: Cindi Heffner  
(call 836-8745 for schedule)

Natural Dance

Natural Dance is a unique and joyful approach to improving physical and mental well-being. We focus on movements from daily activities such as walking, bending, twisting and lifting. Find balance, alignment and efficient movement through gentle exercise set to music.

**Palo Duro, Mesquite Room 2 & 3**  
**Wednesdays, Oct 7–Nov 18,**  
6:30–7:30 pm  
**Wednesdays, Dec 2–16,**  
6:30–7:30 pm

Dances

Dance, Evening

Dance to top 40s, Spanish, country western, and oldies. Check out the bulletin board for our monthly listings of bands.

**Bear Canyon, Social Hall**  
**Thursdays, 6:30–9:00 pm**  
\$2.50, Various bands

Balloon Fiesta Dinner Dance

Join us for a wonderful dinner dance and a delicious menu featuring chicken Parmesan, oven roasted red potatoes, rice pilaf, roll, cream of broccoli soup and cream pie.

**Los Volcanes, Social Hall**  
**Tuesday, October 27, 4:30–7:00 pm**  
Music by Oasis • \$7.50 per person

Holiday Dances Page 14

NIA (Dancing through Life)

Experience the joy of movement using the Nia Technique. Created by Carlos Rosas and Debbie Rosas, Nia draws from dance arts, martial arts, and healing arts. Nia is a transformational movement practice that increases the pleasure of living in your body, creating weight loss, strengthening muscles, and improving muscle tone and definition. Nia is done barefoot to inspiring world music that calms the mind and relieves stress.

**Highland, Room 8**  
**Saturdays, 10:15–11:15 am**  
\$7 or \$30 for a five-week class card  
Instructor: Elizabeth Cervantes,  
Certified Nia Technique Instructor

**Highland, Social Hall**  
**Wednesdays, 5:45–6:45 pm**  
\$7 or \$30 for a five-week class card  
Instructor: Michele Diel, Certified  
Nia Technique Instructor

Advance Ballroom/  
Latin Dance

Do you know how to Waltz, Foxtrot, Cha Cha, Rumba, Cumbia, Swing and Tango, but want to really make an impact on the dance floor?

**Bear Canyon, Social Hall**  
**Thursday, Oct 29–Dec 17**  
5:00–6:00 pm  
\$6 per class or \$40 all eight sessions  
Instructor: Fred Laureta

Beginning Ballroom/  
Latin Dance

Learn to Waltz, Foxtrot, Cha Cha, Rumba, Cumbia, Swing and Tango. While you may not be ready to compete with the pros, you will have fun and confidence on the dance floor.

**Bear Canyon, Social Hall**  
**Thursday, January 8–February 26**  
5:00–6:00 pm  
\$6 per class or \$40 all eight sessions  
Instructor: Fred Laureta

Find us online: [www.cabq.gov/seniors](http://www.cabq.gov/seniors)



Dinner Dances

Spend an elegant evening dining and dancing to ballroom music.

**Barelas, Social Hall**  
**2nd Wednesday, 4:00–7:00 pm**  
\$7.50 per person, Various bands

**Los Volcanes, Social Hall**  
**Last Tuesday, 4:30–7:30 pm**  
Doors open at 4:00 pm  
\$7.50 per person, Various bands

**North Valley, Social Hall**  
**3rd Tuesday, 4:00–7:00 pm**  
Dinner served at 4:30 pm  
\$7.50 per person, Various bands





## Planet Fitness

Facility use fees are 50¢ donation per class/activity unless otherwise noted in the class description.

### Bicycle 101

Learn about bike routes, riding in traffic, fixing a flat, bike maintenance, proper bike and helmet fit, and the rules of the road. Bring a bicycle in good working order, a certified non-crashed helmet, and comfortable clothing to ride.

**Barelas, Social Hall**  
**Saturday, December 12**  
 9:00 am–12:00 noon  
 \$15

### Body Fat vs. Muscle

The goal for optimal health is to reduce body fat and increase muscle. A regular scale will not give body fat and muscle weight, but ours will! Check in with the trainers at a center below for a free, body fat analysis.

**Palo Duro**  
**1st Wednesday, 5:00–7:00 pm**  
 Call 880-2800 for more information

**Manzano Mesa**  
**2nd Wednesday, 5:00–7:00 pm**  
 Call 275-8731 for more information

**Los Volcanes**  
**3rd Wednesday, 5:00–7:00 pm**  
 Call 839-3710 for more information



### Get Moving Aerobics

Join Ann Owens, certified by the American Council on Exercise in this group fitness, cardio-aerobics class. “Get moving,” incorporates high and low impact choices in an effective workout to burn more fat, use calories, and meet your fitness goals.

**Manzano Mesa, Social Hall**  
**Mondays, Wednesdays, 5:00–6:00 pm**  
 \$20 per month  
 Instructor: Ann Owens, 266-3649

### Fitball

Increase strength, as well as sculpt, define and tone your body. Free weights, body weight and stability balls are used for resistance. You will target and challenge core muscles with stabilizing and balance exercises. Sessions end with stretching.

**Manzano Mesa, East Social Hall**  
**Fridays, 4:45–5:45 pm**  
 \$2.50 per class  
 Instructor: Ann Owens, 266-3649

### Kettle Bells

Challenge both the muscular and cardiovascular system with full range-of-motion movements. Incorporate your core while working out major muscle groups. The rotational movements make a unique and effective workout.

**Los Volcanes, Aerobic Room**  
**Thursdays, 5:30–6:30 pm**

### Aerobics

This fun low impact aerobics class combines energizing music with a well-designed routine to strengthen the cardiovascular system and tone muscles. Feel better and look great.

**Los Volcanes, Aerobic Room**  
**Mondays, Wednesdays, 4:15–5:15 pm**

**Los Volcanes, Aerobic Room**  
**Mondays, Wednesdays, Fridays**  
 5:30–6:30 pm

### Wii Video Fitness Games

The Wii is a truly unique and physically interactive video game that requires players to use actual physical movement to create the action on the screen. By simulating the body movement used in various sports, you receive the benefits of bowling, golfing, tennis and more. In addition, we have the Wii Fit to customize your fitness workouts. Beware, if you aren't careful, you'll get a good workout without knowing it!

**Highland, Social Hall**  
**Wednesdays, 5:00–8:30 pm**

**Los Volcanes 50+ Sports & Fitness Center, Call 839-3710 for more information**

**Palo Duro 50+ Sports & Fitness Center, Call 880-2800 for more information**

## Sports

### Badminton

Badminton is beneficial to both your physical and mental well-being. This activity provides cardiovascular benefits, as well as weight-bearing exercise needed for musculoskeletal health. This is competitive badminton a demanding sport.

**Manzano Mesa, Gym**  
**Monday, Friday, 1:00–4:00 pm**  
**Tuesday, 6:00–9:00 pm**  
 Terry and Nan Lauritsen 266-8237

### Drop-In Basketball

Teams are formed as participants show up and sign in.

**Manzano Mesa, Gym**  
**Saturdays, 11:30 am–3:00 pm**  
 (Subject to change for league play)

### Pickleball

Described as a combination of table tennis, tennis, and badminton, pickleball is a fun, exciting, and vigorous game played with paddles on a badminton court. Call 880-2800 for more information.

Open Pickleball  
**Manzano Mesa, Gym**  
**Saturdays, 9:00–11:30 am**  
 Instructor: Bill Marshall, 417-9243

### Volleyball Pick-up Games

Join the 50+ volleyball players for drop-in volleyball matches. No sign-up, just show-up!

**Wells Park Community Center, Gym**  
**Mondays, 6:00–8:00 pm**  
 Instructor: Dora Gunkel 299-4867

**Jackson Middle School, Gym**  
**Sundays, 9:00 am–12:00 noon**  
 Instructor: Dora Gunkel 299-4867

**Manzano Mesa, Gym**  
**Mondays, Fridays, 5:00–7:00 pm**  
**Thursdays, 6:00–9:00 pm**  
 (Ages 18+)

There is something for everyone under our umbrella

Membership entitles you to a world of opportunities. Here are just a few...

Fitness Programs, Classes, Volunteer Opportunities, Travel, Meals, Computer Labs, Albuquerque 50+ Olympics, and much more!

**Senior Information: 764-6400**  
**Citizen Contact Center: 311**  
**TTY: (505) 764-6405**

Center memberships are only \$13 a year!





## T'ai Chi and Yoga

### T'ai Chi Chih

T'ai Chi Chih, often called "Moving Meditation," because of its series of easy, gentle movements that balance the internal energy (Chi). Benefits can include improved balance, flexibility, stamina and regulation of weight and blood pressure. Classes are taught in sessions at beginning and continuing levels. Continuing level is for people who have completed a beginning class, and are proficient with movements. New students are accepted only through the second week of a beginning session.

**Palo Duro, Aspen**  
Continuing Class  
Wednesdays, Oct 14–Dec 16  
5:30–6:30 pm

**Palo Duro, Aspen**  
Beginning Class  
Wednesdays, 7:00–8:00 pm  
\$60, 8 week session  
Instructor: Ginny Morgan, certified

**Manzano Mesa**  
Saturdays, 12:00–1:00 pm  
Instructor: M. Irvin • 6 week class

**Manzano Mesa**  
Thursdays, 5:30–6:45 pm  
Instructor: Ellen Tatge • 6 week class

### T'ai Chi Ch'uan

The class provides a mild cardiovascular workout, improves balance and stability, strengthens the legs and helps circulate "chi" or internal energy. T'ai Chi Ch'uan is an ancient art and also serves as a form of meditation.

**Highland, Social Hall**  
Saturdays, Oct 10, 17, 24\*, 31 &  
November 7, 14, 21, 28\*  
11:30 am–12:30 pm  
\$10 per class

Instructor: Mokurai, 7<sup>th</sup> degree  
black belt, founder, Silent Thunder  
Center for Asian Studies  
\*Held at the Silent Thunder Center  
for Asian Studies, 136 Jackson St. NE

**Beginning**  
**Bear Canyon, Social Hall**  
Saturdays, Sept 5–June 26  
11:30 am–1:00 pm  
Sign up with instructor at class

### T'ai Chi-Gong

Chi-gong is a combination of meditation, breathing and gentle movement using and applying Taoist, Buddhist, and yoga techniques. This class will improve your balance, flexibility and stamina. Chi-gong also helps decrease stress and brings about a general sense of wellbeing.

**North Valley, Social Hall**  
Tuesdays, November 24,  
December 1, 8, 22, 29  
6:00–7:00 pm • \$6 each class  
Instructor: Bruce Zagor

### Yoga

These classes combine core management methods with mind/body/breath discipline to reduce physical and mental stress and lengthen muscles. Yoga will improve posture and core strength, as well as reduce lower back pain and increase muscle flexibility.

**Manzano Mesa, East Social Hall**  
Mondays, 6:10–7:00 pm  
\$25 per month  
Instructor: Ann Owens, 266-3649

**Palo Duro, Ponderosa Pine**  
Wednesdays, Oct 7–Dec 23  
5:30–6:45 pm • \$5 per class  
Instructor: Kae Summerall

## Self Defense

### Karate/Self Defense

The classes include training in self-defense, basic karate forms of katas (Okinawan self defense dancing movements). Classes are structured for people who may have some physical limitations or movement issues. The main goals of the classes are to improve self-confidence, physical performance and overall health.

**Los Volcanes, Room 2**  
Thursdays, 6:00–7:30 pm  
Instructor: Denis Rosenberg

### Personal Defense Club/ Close Quarter Combat

Not associated with any traditional Asian art or sport, the purpose of this beginners adult class is to provide a place to learn, teach and practice personal fighting skills. Previous experience welcome, but not necessary.

**Manzano Mesa, Room 4**  
Tuesdays, 7:30–9:00 pm  
\$10 per month  
Instructor: Dr. Sean Ross

### Iron Olympian Karate

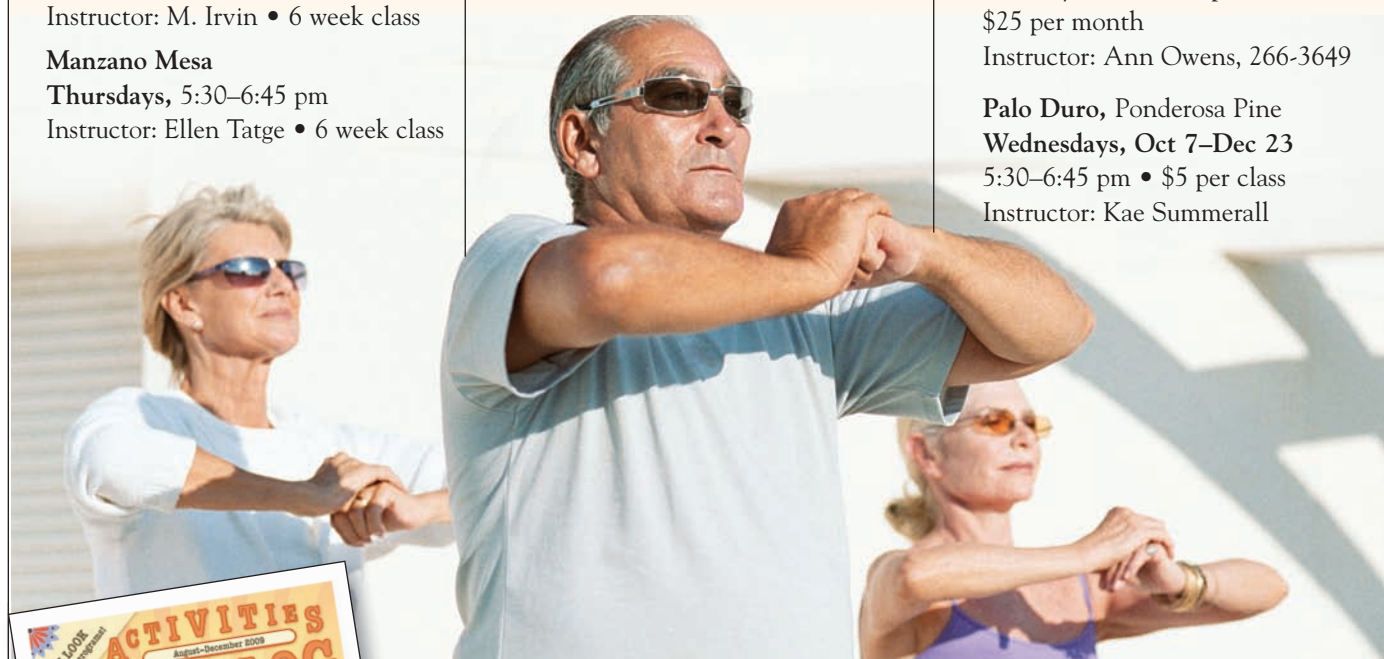
This adult self-defense class is a great way to develop physical strength, discipline, balance, coordination and self-esteem. Includes breakaway techniques and safety awareness.

**Manzano Mesa, Room 4**  
Tuesdays, Wednesdays, 7:00–9:00 pm  
\$5 per class  
Instructor: Chris Nowak

### Kendo Kai (sword fencing)

Japanese style martial art.

**Manzano Mesa, Social Hall**  
Fridays, 6:00–8:00 pm  
Instructor: Davis Begay



**This catalog is just what we offer on  
evenings and weekends... But there is so much more!**

**Pick up an Activities Catalog at one of our centers.**

**And keep your eyes open for our new 50+ Sports and Fitness Catalog  
this October in the Albuquerque Journal!**

## Weight Lifting

### Learn to Weight Lift Orientations

Sculpt your body and keep it looking healthy through weight training. Performed properly, and accompanied by a proper diet and cardio program, weight training will keep you feeling and looking great! Along with all the new energy you will have, your muscle tone will increase. Join one of our orientations where we cover the fundamentals of weight training.

#### Palo Duro

**50+ Sports & Fitness Center**  
3351 Monroe, NE

Monday–Friday, 7:00 am–7:00 pm  
Saturdays, 8:00 am–2:00 pm  
Open to those who are 50+  
Call 880-2800 for appointment

#### Los Volcanes 50+ Sports & Fitness Center

6500 Los Volcanes, NW  
Monday–Friday, 7:00 am–7:00 pm  
Saturdays, 8:00 am–2:00 pm  
Open to those who are 50+  
Call 839-3710 for appointment

#### Manzano Mesa Multigenerational Center—Fitness Room

501 Elizabeth, SE  
Monday–Friday, 8:00 am–9:00 pm  
Saturdays, 9:00 am–3:00 pm  
Open to those who are 18 years of age and older  
Call 275-8731 for appointment

#### North Valley Fitness Room

3825 Fourth Street, NW  
Open Tuesday evenings from 5:00–9:00 pm  
Closed 3rd Tuesdays  
Call 761-4025 for appointment



### Aaron's Weight Training Group Class

Whether your personal fitness goals are fat loss, muscle gain, increased bone density, strength, endurance, or overall health and well being, this is the class for you! Join Aaron Bubbico, an ACE certified personal trainer, for this exciting six week, group weight training class.

Mondays and Wednesdays  
12:00 noon–1:00 pm or  
5:30 pm–6:30 pm  
\$150

Call Aaron, 264-7341 or call the  
50+ Sports & Fitness Office  
at 880-2800.

### Aaron's One-on-One Personal Training

Aaron Bubbico, certified personal trainer, is offering personal weight training appointments. Schedule with Aaron for a fun, motivating and exciting hour of personalized weight training. Achieve your goals of fat loss, muscle gain, increased bone density, strength, endurance and overall health and well being.

#### The Palo Duro 50+ Sports & Fitness Center

Sessions by appointment only.  
Call Aaron at 264-73421 or you can  
e-mail him at abubbico@unm.edu.

### Weight Training 101

The first time at a gym can be intimidating. This group class is designed for those who have not been particularly active and have no experience in the gym. Learn the fundamentals of weight training and acquire the skill to feel confident and be successful in the weight room. Come as you are! Comfortable clothing and athletic shoes are all you need. Call a center below for class schedules.

**Palo Duro 50+ Sports & Fitness Center**, 880-2800

**Manzano Mesa**, 275-8731 x232

**Los Volcanes 50+ Sports & Fitness Center**, Call 839-3710

## Winter Sports

### Ski Fitness! Cardio Weight Training Class!

Get in shape for the slopes. This circuit class concentrates on the muscles used for skiing, increasing strength, balance and stamina. Call 880-2800 for information.

#### Los Volcanes, Aerobics Room

Class 1, **Tuesday, Oct 6–Nov 10**  
Class 2, **Tuesday, Nov 17–Dec 22**  
5:45–6:45 pm  
\$40, Instructor: TBA

#### Manzano Mesa, Fitness Room

Class 1, **Monday, Oct 5–Nov 9**  
Class 2, **Monday, Nov 16–Dec 21**  
6:30–7:30 pm  
\$40, Instructor: Kathy Weaver

#### Palo Duro

Class 1, **Tuesday, Oct 6–Nov 10**  
Class 2, **Tuesday, Nov 17–Dec 22**  
5:45–6:45 pm  
\$40, Instructor: Hallie Carruthers

A showcase of Winter Sports spanning 10 days that includes competitions in Downhill Skiing, Snowboarding, Snowshoeing, Cross-Country Skiing and Hockey! For more information contact the 50+ Sports & Fitness Office at 880-2800 or email: asrice@cabq.gov.



### Winter Sports Day Trips

This January take advantage of our 3 weekly day trips:

- Cross Country Skiing
- Snowshoeing
- Downhill Skiing

And our 2 instructional outings

- Snowshoe 101
  - Cross-Country Ski Review
- You cannot beat the value for only \$9 per trip with your senior center membership (\$13 a year). Space is limited, pre-payment is required to reserve. Info. call 880-2800.



### Winter Sports Bunch 2010 Overnight Trips

This Club organizes out-of-town, overnight skiing and snowshoeing trips for 50+ adults. This year...

- Red River, NM, January 19–21  
(Red River Ski Area and Enchanted Forest X-country ski/snowshoe area)  
\$135 per person.
- Pagosa Springs, CO February 16–18  
(Wolf Creek Ski & Nordic Areas)  
\$135 per person.

Costs are estimates, final costs are based on the number of participants. For info: Vivian Heyward, vheyward@msn.com, or Wally Ross, w20ross@aol.com. Reserve with a \$50 down payment by Thursday, October 1, 2009.



## Health and Healing

### Nutrition Cooking Class

Treasure, nurture and nourish your body. Take this two day course and learn more about eating healthy, and how to cook fast-nutritional meals. Topics that will be discussed are: portion distortion; food groups; food safety; and how to read food labels. Food demo and snack will be included.

**North Valley, Room 4**  
**Tuesdays, November 3 & 10**  
 6:00–7:30 pm  
 Instructor: Monica Serrano, NM  
 State University, Nutrition Educator

### Meditation

Drawing from the wisdom of both eastern and western disciplines instructor Mokurai, will help you to develop your powers of concentration using a variety of traditional tools—breath, mantras, walking, mandalas, gazing, uplifting thoughts, mudras (spiritual hand positions)—spiritual affirmations.

**Highland, Room 7**  
**Saturdays, October 10, 17, \*24, 31**  
**and November 7, 14, 21, \*28**  
 10:00–11:00 am  
 \$10 per class  
 \*Held at the Silent Thunder Center  
 for Asian Studies, 136 Jackson St. NE



### Community Acupuncture

Do you have arthritis, asthma, sleeplessness, diabetes? Have you thought about acupuncture but thought you couldn't afford it? Acupuncture, based in an ancient medical system, helps a wide array of problems and a new community treatment model is sweeping the nation. Receive acupuncture in a community setting on lounge recliners. After a brief intake, needles are placed in arms and legs and sometimes head area. Then you lie back and relax. Treatments last from 30–75 minutes (it's up to you). Call 505-232-7654 for an initial appointment. Walk-ins accommodated if time—or email nityamollian@gmail.com

**Highland, Room 4**  
**Saturdays, 11:45 am–1:45 pm**  
**Wednesdays, 6:00–8:00 pm**  
 \$10 treatment, plus an initial over the phone interview/paperwork fee of \$10, Instructor: Nityamo Lian, MPH, ten years experience in acupuncture and Chinese herbs.

### Massage Self Help Workshop

Learn basic massage techniques, neuromuscular facilitation, kneading, rocking, and positioning.

**Manzano Mesa, Room 4**  
**2nd Friday, 5:30–7:00 pm**  
 Ernest Sturdevant

### Aromatherapy for Seniors

Intro to the wonderful world of aromatherapy and essential oils. Learn what essential oils are, where they come from, and how to use them to take care of everyday health issues; lavender for burns, peppermint for headaches and digestive problems, lemon for a safe antiseptic and to clear bruises. You will also learn a simple hands-on technique you can do for yourself and others. This promises to be a fun and relaxing experience. Come play with us. Please call to make your reservation.

**Highland, Room 7**  
**Wednesday, October 14, 5:30–7:00 pm**

### Hypnosis and Self-Healing

An experimental class with an integrative approach to modern medicine.

**Highland, Room 1**  
**Wednesdays, beginning October 7,**  
 7:00 pm  
 \$10 per class  
 Presenter: Chris Stanley

### How to Hypnotize Yourself and Others

In just three easy steps you can learn to maximize the potential of your mind. Learn simple, safe, effective, yet personally powerful step-by-step techniques to rapidly boost your income, improve your health, overcome fears and anxieties, increase test/exam scores, lose weight, and build overall personal self-confidence.

**Barelas, Classroom 4**  
**Saturday, October 3**  
**Saturday, January 16**  
 9:00 am–12:00 noon  
 \$15 person  
 Rev. Beth Donahue, Metaphysician  
 & Hypnotherapist

### Weight Watchers

It's a brand new way to do Weight Watchers. You'll learn how to stay full longer, so you can lose weight and keep it off.

**Los Volcanes, Social Hall**  
**Saturdays (on-going)**  
 9:30 am, weigh-in  
 10:00–11:00 am meeting  
 \$39.95, monthly pass  
 \$119, 10 weeks of meetings  
 \$13, weekly fee  
 Instructor: TBA



Crafts on Page 3

### Billiards at the Centers

Billiards is a great way to visit and meet with friends. A variety of games are played. Billiards rooms are closed on Sundays. A 25¢ donation requested.

**Bear Canyon, Billiards Room**  
**Saturdays, 9:00 am–3:00 pm**

**Highland, Billiards Room**  
**Wednesdays, 5:30–8:30 pm**  
**Saturdays, 10:00 am–5:00 pm**

**Los Volcanes, Billiards Room**  
**Thursdays, 8:00 am–8:30 pm**  
**Saturdays, 9:00 am–3:00 pm**

**North Valley, Billiards Room**  
**Tuesdays, 8:00 am–9:00 pm**

**Manzano Mesa**  
**Monday–Friday, 8:00 am–9:00 pm**  
**Saturdays, 9:00 am–3:00 pm**

**Palo Duro, Mtn. Mahogany**  
**Wednesdays, 8:00 am–9:00 pm**  
**Saturdays, 9:00 am–3:00 pm**



See page 9 for T'ai Chi and Yoga



## Languages

### Conversational Spanish

Suitable for beginners and a good refresher for those who have had Spanish in school—but more fun! Learn essential phrases; how to show good manners; and enough to get by in practical situations.

**North Valley, Room 1**  
**Tuesdays, Nov. 3, 10, 24,**  
**Dec. 1, 8, 22, 6:00–8:00 pm**  
 Six week class: \$60  
 Instructor: Cathy Varney

### French, Intermediate

This is a course in progress and some knowledge of French is required. Instruction is past the beginner's course, but not too advanced. See instructor about purchasing the book.

**Bear Canyon, Room 3**  
**Saturdays, 9:30–11:30 am**  
 Instructor: Pierre Fontaine

### Conversational Spanish 101

Join us for a fun way to learn conversational Spanish.

**Barelas, Conference Room**  
**Saturdays, January 9, 16,**  
**23 & 30**  
 10:00–11:00 am  
 \$30 per person all sessions  
 Instructor: Miroslava Corral

### Spanish 102

**Los Volcanes, Room 1**  
**Saturdays, (8 weeks)**  
**(Sep 5–Oct 24) (Oct 31–Dec 19)**  
 10:00 am–12:00 noon  
 \$25, Instructor: Lupe Rivera

## Special Interests

### Home Composting Class

Your garden will love you while you do your part to relieve the stress on our landfills. Also... 25% of landfill material is compostable and unlike most fertilizers, compost releases nitrogen over a longer time period.

**Los Volcanes, Room 4**  
**Thursdays, Oct 15, Nov 19, Dec**  
**17, 6:00–8:00 pm**  
 Instructor: John Zarola

### Wildlife Federation

AWF is affiliated with the New Mexico and National Wildlife Federations and addresses a variety of wildlife and environmental topics. AWF Membership is not required to participate.

**Manzano Mesa, Room 3**  
**2nd Thursday, 7:30–9:00 pm**  
 Gene Tatum

### Invest in Debt

This group discusses finances, investing and debt investment.

**Manzano Mesa**  
**2nd Wednesday, 6:00–9:00 pm**  
 Ron Baird

### Vintage Players

Members read and perform monologues, skits, one-act plays and original material. The group sometimes performs community venues. Exercise your dramatic skills without the “trauma” of memorizing.

**Manzano Mesa, Room 4**  
**4th Saturday, 10:00 am–12:00 noon**  
 Janet Porter

### Red Hat Society

Join your sisters across the nation and greet middle age with verve, humor and frivolity. Share in a bond of affection, common life experiences and enthusiasm. The only criteria for joining is a willingness to share and a red hat. Purple dress optional.

**Palo Duro, Aspen**  
**1st Saturday, 11:00–12:30 pm**  
 Sonja Schwartz

## Writing on Planet 50+

### Poetry: Writing Your Life

Everyone has stories to tell; in this class we'll draw from the well of memory and experience to make our own poems. We'll read some poetry—the instructor will provide reading packets—to learn about elements of form and craft and to discover what makes these poems tick, but most importantly we will write. Students can share their poems with the class for reading and workshop.

**Barelas, Classroom 3**  
**Saturdays, 1st Session October 3,**  
**10, 17 & 24**  
**Saturdays, 2nd Session October**  
**31, November 7, 14 & 21**  
 9:00 am–10:15 am  
 \$40 per session  
 Rebecca Aronson

### Society of Children's Book Writers and Illustrators

Writers and illustrators welcome. This group meets to discuss the art of writing children's books.

**Manzano Mesa, Room 5**  
**2nd Tuesday, 7:00–8:45 pm**  
 Lisa May

## A Marketplace with an



**Saturday, October 24,**  
**9:00 am–3:00 pm**  
**Manzano Mesa**  
**Multigenerational Center**  
 501 Elizabeth SE  
 (505) 275-8731  
**Citizen Contact Center 311**  
**TTY 505 764-6405**

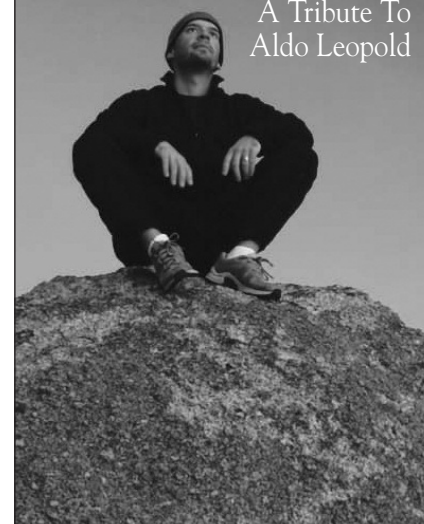
Join us at this 4th annual Department of Senior Affairs' special event!

- Shopping
- Live entertainment
- Quilt show
- Food

Try your luck at winning an awesome door prize donated by one of our talented arts and crafts vendors! Ticket contributions benefit New Mexico's CYFD, which cares for children who are in foster care.

## and Learning to Think Like a Mountain

A Tribute To  
Aldo Leopold







# Music

## The Piano or Keyboard

Learn to play the piano in only ten sessions. This class is designed for success, easy to follow instructions, super simple songs, easy to read big notes and no previous musical training required.

Los Volcanes, Room 10  
Saturdays, October 10–Dec 26  
9:30–10:30 am  
Instructor: Henry Smith  
\$20 materials fee (10 lessons),  
pay instructor first day of class

## Community Drum Circle

Discover the joy of rhythmic music making! Make new friends, drum away stress, exercise your mind, body and spirit. No previous drumming or musical experience is required, just a willingness to have some fun and play!

Manzano Mesa, Room 4  
3rd Friday, 7:30–8:45 pm  
Giselle Felicia Vivian  
\$8 Adults • \$6 Seniors 65+ &  
Teens • \$4 Youth 8–12

# Arts Enthusiasts...



See the back page for a list  
of Arts and Crafts Fairs

# Digital Camera Classes with Walter Punke

To get the most from the classes bring your camera, manual, connectivity cables, memory card and extra batteries.

## Digital Camera Selection & Purchase

Want to join the digital camera trend and choose the correct instrument for your needs and applications? This class will provide participants ample information, resources and opportunity to make an analytical decision about the ideal camera for their circumstances based on budget, usage, applications and level of expertise. Think about the ways in which you would use your camera so specifications can be developed for your particular needs.

Highland, Room 7  
Wednesday, December 16  
6:00–8:00 pm  
\$18 per person or \$27 per couple

## Taking Better Pictures

Enhance your digital camera control capability learn; practice procedures and refinements you can apply to improve your photographic composition skills and results.

Highland, Room 8  
Saturday, December 19  
10:00 am–12:00 noon  
\$18 per person or \$27 per couple

## Digital Camera Selection and Purchase

This class will help you choose the right digital camera for your needs. Make an informed decision based on your needs.

North Valley, Room 4  
Tuesday, December 22, 6:00–8:00 pm  
\$18 per person or \$24 per couple

## Learning to Operate a Digital Camera

Learn how to use your camera's settings. Increase your photographic skills by selecting the setting that suits the environment.

North Valley, Room 2  
Tuesday, December 29  
6:00–8:00 pm  
\$18 per person or \$24 per couple

## Digital SLR Basics

Single-Lens Reflex Digital (DSLR) cameras offer a spectrum of settings and photographic alternatives. Practice with various mode options and selecting ideal presets for different "shooting" environments.

Highland, Room 7  
Wednesday, December 30  
6:00–8:00 pm  
\$18 per person or \$27 per couple

## Digital Camera Operating Guidelines

Learn how digital cameras operate, distinguish among features; explore the variety of functions, what they do, and how they differ from traditional film operations.

Highland, Room 7  
Wednesday, January 6, 6:00–8:00 pm  
\$18 per person or \$27 per couple

## Evaluating Photographic Composition

Bring your flash drive, digital camera memory media, CD or DVD with photos or printed pictures for review. Attendees will be provided guidelines to react to composition of select photos with intent of honing composition skills.

Highland, Room 7 • Wednesday, January 20  
6:00–8:00 pm • \$18 per person or \$27 per couple

## Taking Better Pictures

Enhance your digital camera control. Learn and practice procedures and refinements to improve your photographic composition skills.

North Valley, Room 4  
Tuesday, January 19  
6:00–8:00 pm  
\$18 per person or \$24 per couple



## Tuesday Presentations

North Valley Center  
6:00–7:00 pm

### Acupuncture

Learn how acupuncture has evolved over the centuries, and how it works. It just might be what the doctor ordered, especially for managing headaches, back pain, and sciatica.

North Valley, Room 1  
Tuesday, October 27  
Speaker: Dr. Linda Sullivan

### Signs of Dementia

What's normal? What's not? For caregivers, or anyone just interested, this presentation will discuss the red flags of dementia, and when to worry about memory changes. Learn about what to expect and tips to help identify what steps to take next.

North Valley, Room 1  
Tuesday, November 10  
Speaker: Cindy Brown

### The ABCs of Supplements

Are you confused about the many different supplements on shelves? Let us help! We're going back to the basics and answering some common questions. Don't miss this talk about benefits and forms of supplements. We will discuss the things to know about regulations—and we will explain terms that are often confusing.

North Valley, Room 2  
Tuesday, December 8  
Speaker: Maria Bustamante

### Financial Smarts

Saving money now is critical to your financial future. Learn what a spending plan is; how it can help you save more; how to pay your bills on time, and how to make the most of the money you already have. Also, learn how to make smart purchases.

North Valley, Room 1  
Tuesday, January 12  
Speaker: Joseph Trimbel, Wells Fargo Bank, La Cueva Branch

## Special Events

### Harvest Moon Dinner

Bits to eat in the mesquite presents honey glazed baked ham, candied sweet potatoes and fresh steamed vegetables, a tossed salad, cornbread, and cream pie for dessert.

Palo Duro, Mesquite 1, 2, 3  
Wednesday, October 14  
5:30–7:00 pm,  
Entertainment: John Douglas  
\$4 (advanced purchase required)

### Oso Canyon Art Fest

The 20th Annual Oso Canyon Art Fest is the place to be. This arts and crafts event features one-of-a-kind creations by talented local artists and crafters and it is the ideal place to find the perfect holiday gift. Enjoy live entertainment, refreshments and a wonderful assortment of door prizes.

Bear Canyon  
Saturday, November 14  
9:00 am–3:00 pm

### Thanksgiving Dinner Dance

A time to give and share and a time to celebrate. Join us and bring your family to enjoy a wonderful turkey dinner with all the trimmings. Menu: Roast turkey, stuffing, candied sweet potatoes, tossed salad, roll, pumpkin pie.

Los Volcanes, Social Hall  
Tuesday, November 24  
4:30–7:00 pm  
Music by Samuel D  
\$7.50 per person

### Christmas Dinner & Dance

Spend an elegant evening dining and dancing to ballroom music.

Barelas, Social Hall  
Wednesday, December 9  
4:30–7:00 pm  
Music by Chili Bean Express  
\$7.50 person

### December Holiday Spirits

Bring your appetite, and let's celebrate the winter holidays with good spirits and good friends.

Manzano Mesa, Social Hall  
Wednesday, December 18  
5:00–7:00 pm  
\$7.50 person  
Music by Frances Plus Three  
Reservations by December 4, 2009

### Winter Wonderland Dinner Dance

Dance the night away and celebrate the coming of the New Year 2010. Menu: shrimp Alfredo, Italian vegetables, Caesar salad, garlic bread, cherry fruit crisp

Los Volcanes, Social Hall  
Tuesday, December 29  
4:30–7:00 pm  
Music by Donna Christine  
\$7.50 per person

### New Year's Eve Dance

Break out the noise-makers and strike up the band. Let's ring in the New Year dancing the night away and enjoying delicious refreshments!

Bear Canyon, Social Hall  
Thursday, December 31  
7:00–10:00 pm  
\$2.50

### Black & White Ball Dinner & Dance

Spend an elegant evening dining and dancing to ballroom music.

Barelas, Social Hall  
Wednesday, January 13  
4:30–7:00 pm  
Music by Paul Pino & The Tone Daddies  
\$7.50 person

## Trips

Trips are first-come first-served. Most require advance registration. Call the host center to sign up. Center phone numbers are listed on page 3.

### El Rancho De Las Golondrinas Harvest Festival

Take a step back in time to La Cienaga and re-live how things were done. Exhibits show Spanish Colonial life in New Mexico. Entertainers perform the old music, dances and plays. Craftsmen demonstrate and sell their traditional art. Food is available or you may bring your own.

Barelas  
Saturday, October 3  
Check In: 9:00 am • Return: 4:00 pm  
\$3.50 transportation; \$8 admission;  
\$5 seniors 62+

Los Volcanes  
Saturday, October 3  
Check In: 8:15 am • Return: 4:30 pm  
\$7.50 transportation, \$5 admission,  
lunch at your own expense.

### Balloon Fiesta Special Shapes Glowdeo

A Balloon Fiesta signature event!

Bear Canyon  
Thursday, October 8  
Check In: 4:15 pm • Return: 9:00 pm  
\$4 transportation, admission \$6

### Special Shapes Glowdeo & Afterglow

This massive gathering of balloonists from around the world is the largest of its kind. The Balloon Fiesta Park is complete with food and exhibition booths that showcase our State's culture and history. Be prepared to cover a good distance on the field and to parking lot.

Highland  
Friday, October 9  
Check In: 4:00 pm • Return: 9:00 pm  
\$4.50 transportation, gate admission  
and food at your own expense

Dances & Dance Classes Pages 6-7



Shidoni Foundry

Stroll around the sculpture garden, visit the gallery which represents 100 different sculptors from all over the country and watch 2000 degree molten bronze being poured into ceramic shell molds.

**Bear Canyon**  
**Saturday, October 10**  
Check In: 9:15 am • Return: 2:00 pm  
\$20 transportation and admission

McCall's Pumpkin Patch

Take a ride to the pumpkin patch and spend as much time as you need looking for that perfect pumpkin. Get lost in a corn maze, race a pedal cart, feed farm animals, mine for gemstones, shop in the country store and snack on kettle corn, turkey legs and roasted sweet corn.

**Los Volcanes**  
Saturday, October 17  
Check In: 9:00 am • Return: 3:00 pm  
\$7 transportation, \$9 admission(may change) lunch at your own expense.



The Haunted Farm

Join us on this fun and spooky trip. We will visit the Cornfield that is haunted by the many victims of Farm McCall and their desire to add you to their ranks! Can you keep your sanity and make it out alive? Next, we will tour the gruesome butcher shop... the Haunted Farm which is filled with insane cannibals that are awaiting to terrify you! Will you get out in one piece?

**Los Volcanes**  
Friday, October 23  
Check in 6:00 pm • Return: 10:30 pm  
\$7 transportation, \$23 admission (may change) at your own expense.

Return times are approximate

Mystery Café at Albuquerque Grand Airport Hotel

A dinner theater with no stage where a performance takes place among the tables and the audience is able to interact with the performers. Performances change, but in each show, a crime is committed that the audience helps to solve. Performers also serve the four-course meal.

**Barelas**  
**Saturday, November 7**  
Check In: 6:00 pm • Return: 10:00 pm  
\$5 transportation, \$39.50 admission (includes dinner, performance & tax).



Dia de los Muertos

Take part in a celebration of Mexico's Day of the Dead at El Camino Real International Heritage Center, featuring guest lecturers, storytelling, sugar skull decoration, and viewing of altar installation.

**Bear Canyon**  
**Saturday, November 7**  
Check In: 9:00 am • Return: 4:00 pm  
\$13 transportation

Christmas in Madrid

The hanging of the greens is an annual holiday tradition in Madrid. The shops, galleries, and restaurants are reminiscent of an old-fashioned main street with wonderful decorations. Purchase the perfect Christmas gift or simply enjoy the ambiance of the old-west town. We will also be on time for Christmas Parade. Dress warmly, wear sensible shoes and bring money for dinner & shopping.

**Barelas**  
**Saturday, December 5**  
Check In: 2:00 pm • Return: 8:00 pm  
\$8 transportation, dinner at your own expense

**Los Volcanes**  
**Saturday, December 5**  
Check In: 4:30 pm • Return: 9:00 pm  
\$6.50 transportation, dinner at your own expense

Walk Through Nativity

The 6th annual nativity display at the Sandia Presbyterian Church will feature an assortment of nativities belonging to community members. Dinner at Outback after the tour.

**Bear Canyon**  
**Sunday, December 6**  
Check In: 2:45 pm • Return: 6:00 pm  
\$2 transportation & admission

Call the host center  
to sign up for trips.

13th River of Lights

Stroll through the twinkling magic of thousands of lights converting the Bio Park into the season's wonderland. Sing along with the carolers and listen to the string quartet fill the evening air with captivating melodies.

**Bear Canyon**  
**Tuesday, December 1**  
**Thursday, December 17**  
Check In: 4:30 pm • Return: 9:00 pm  
\$2 transportation, \$7 admission

**Highland**  
**Wednesday, December 9**  
Check In: 5:15 pm • Return: 8:30 pm  
\$3 transportation, gate admission and dinner at your own expense

Pojoaque Feast Day

This annual event features traditional dancing and food. Bring money to eat.

**Barelas**  
**Saturday, December 12**  
Check-In: 9:00 am • Return: 3:00 pm  
\$10 transportation

Winter Spanish Market—  
Santa Fe Convention Center

Winter Market features handmade traditional arts by over 100 Hispanic artists, continuous live music and dance, art demonstrations and refreshments. Enjoy a unique taste of New Mexico's vibrant Spanish culture, both past and present. Bring money for shopping and eating.

**Barelas**  
**Saturday, December 12**  
Check In: 9:00 am • Return: 4:00 pm  
\$6 transportation; no admission fee

Santa Fe Museums

Enjoy guided tours of the Museum of Fine Arts and the Museum of Spanish Colonial Art in Santa Fe. Tours will last about an hour. The Museum of Fine Arts tour is scheduled from 10:30–11:30 am. We will have lunch at the plaza, then meet at the van at 1:00 pm. The Museum of Spanish Colonial Art tour is scheduled from 1:30–2:30 pm.

**Barelas**  
**Sunday, January 10**  
Check In: 9:00 am • Return: 4:30 pm  
\$6 transportation; admission no charge for NM Residents showing ID

Department of Senior Affairs Telephone Numbers

Senior Centers

**Barelas**, 764-6436  
**Bear Canyon**, 291-6211  
**Los Volcanes**, 836-8745  
**Highland**, 256-2000  
**North Valley**, 761-4025  
**Palo Duro**, 888-8102

Fitness & Multigenerational Centers

**Manzano Mesa**  
**Multigenerational Center**, 275-8731  
**Los Volcanes 50+ Sports**  
**& Fitness Center**, 839-3710  
**Palo Duro 50+ Sports**  
**& Fitness Center**, 880-2800





## Theater Trips

### Opera Southwest

#### La Cenerentola (Cinderella)

A variation on the traditional Cinderella story, starring the delightful and talented Deborah Domanski in the title role. Performed at the historic KiMo Theater.

##### Bear Canyon

Sunday, October 11

Check In: 12:45 • Return: 5:00 pm

\$50 transportation & admission

### Ballet Theater of NM

#### Nutcracker Ballet

No holiday season would be complete without Clara and the Nutcracker Prince, Mouse King and Sugar Plum Fairy. Performed at the historic KiMo Theater, this holiday classic will enchant all.

##### Bear Canyon

Sunday, December 13

Check In: 12:45 • Return: 5:00 pm

\$21 transportation & admission

## Adobe Theater

### Betrayal

A powerful play by the late Harold Pinter, winner of the Nobel Prize for Literature. Jerry, is the Best Man at Robert and Emma's wedding. Later, He and Emma have an affair and the adultery leads to more subtle forms of "betrayal."

##### Bear Canyon

Sunday, October 4

Check In: 12:45 • Return: 5:00 pm

\$13 transportation & admission

##### Highland

Sunday, September 20

Check In: 12:45 • Return: 4:00 pm

\$15 transportation & admission

### The Trip to Bountiful

Elderly Carrie Watts feels trapped in the oppressive apartment of her son and daughter-in-law. Her memories take her back to the small town in which she was raised, a tiny Gulf town named Bountiful.

##### Bear Canyon

Sunday, November 1

Check In: 12:45 • Return: 5:00 pm

\$13 transportation & admission

### Private Lives

Noel Coward at the top of his form! The play is about a high-society couple named Amanda and Elyot. They have recently divorced and are now remarried to a gullible Victor and an insecure Sybil, respectively. The problem is that Amanda and Elyot can't really live without each other. They have murderous fights and rageful fits, which they feel entitled to as they live amongst the rich. Not to mention that they take great pleasure in outwitting each other.

##### Bear Canyon

Sunday, December 6

Check In: 12:45 • Return: 5:00 pm

\$13 transportation & admission

##### Highland

Sunday, December 6

Check In: 12:45 • Return: 4:00 pm

\$15 transportation & admission

Martin J. Chávez, Mayor  
Blanca B. Hise, Director

## Calling All Boomers!



**Lead.  
Inspire.**

Change the World,

**Again.**



**Volunteer Today!!**

Call the RSVP Program

**764-1612**



For more health and fitness opportunities,  
look for the new 50+ Sports & Fitness catalog this  
October in the Albuquerque Journal.

## Met at the Movies

### Aida (Cottonwood Theater)

You're sure to enjoy one of Verdi's most beloved operas, as it is simulcasted live from the from Met to theaters around the world.

##### Bear Canyon

Saturday, October 24

Check In: 9:15 am • Return: 3:00 pm

\$24 transportation & admission

### Les Contes d'Hoffman

Offenbach's one serious opera; a genuine grand opera, holds its own with the best operas ever written. It includes three back-to-back stories of disillusionment featuring Hoffman's three girlfriends. Strangely enough, they all bear an uncanny resemblance to a lady by the name of Stella.

##### Bear Canyon

Saturday, December 19

Check In: 9:15 am • Return: 3:00 pm

\$24 transportation & admission

## Arts and Crafts Fairs at the Centers

Highland Arts and Crafts Fair  
Saturday, December 5,  
8:00 am–2:00 pm  
Highland, 256-2000

A Marketplace  
with an ARTitude  
Saturday, October 24,  
9:00 am–3:00 pm  
Manzano Mesa, 275-8731

Oso Canyon Art Fest—  
Saturday, November 14  
9:00 am–3:00 pm  
Bear Canyon, 291-6211

Holiday Arts & Crafts Fair  
Tuesday, November 24  
9:00 am–1:00 pm  
Barelas, 764-6436



**Don't miss these great events!**

